

Governor and KDHE Award *HealthySchool* Recipients

After 1,300 miles and nine cities in five days, 77 Kansas schools became the initial recipients of Governor Kathleen Sebelius' '*HealthySchool*' Award because of their efforts to help students make common sense choices to get healthy and stay healthy.

Gov. Sebelius said of the recipients, "these schools have shown great leadership in teaching our young people about changing behaviors that will have a profound effect on their health for a lifetime. Whether it's increasing physical activity each week, eating a more nutritious diet or learning about the dangers of tobacco, changing these types of behaviors, result in a much healthier Kansas."

The recipient districts and individual schools were: USD 345 Seaman School District, Topeka; USD 453 Anthony Elementary School, Leavenworth; USD 265 Goddard School District; USD 259 Pleasant Valley Elementary, Wichita; USD 484 Fredonia School District; USD 282 West Elk School District, Howard; USD 214 Ulysses School District; USD 457 Garden City School District; and USD 497 Lawrence School District.

Roderick L. Bremby, Secretary of the Kansas Department of Health and Environment (KDHE), served as the Governor's ambassador to make the presentation at each district or school. Each recipient received a Certificate of Recognition and a 3 x 5 foot nylon flag bearing the *HealthyKansas* designation as a *HealthySchool*. Also, a limited number of *HealthyKansas* T-Shirts were given to school personnel.



Representatives of Fredonia Middle School display their new Healthy School flag on May 23 during their awards assembly. Sec. Bremby awarded 77 school flags during a five-day presentation tour across Kansas.



Sec. Bremby presented a Healthy School flag to Pleasant Valley Elementary in Wichita on May 22. Pleasant Valley was the only school in the Wichita School District to earn a Healthy School designation.

"In partnership with our Kansas Coordinated School Health Program, we're very excited about making these presentations. These schools have shown great leadership and initiative by building health education and lifelong physical activity into their school culture," Bremby said.

Gov. Sebelius launched the *HealthyKansas* initiative in November 2004 as a comprehensive program of working to control health care costs, creating improved health care delivery systems to Kansans and bringing awareness to the dangers of obesity in children and adults by encouraging them to 'change something' in their lifestyles.

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HealthyKansas 'Change Something' is about encouraging children in schools, adults in the workplace and seniors in their community to make simple, but powerful lifestyle changes focusing on:

- Increasing physical activity to 30 minutes daily five to six times each week
- Eating healthy, including five or more servings of fruits and vegetables daily
- Eliminating or significantly reducing tobacco use

Governor Sebelius has directed KDHE to help show Kansans ways to 'change something' in their lifestyle that will improve their health.

To complete an on-line pledge card or learn more about how you can 'change something,' log onto – www.healthykansas.org.